



## Nut Brownie

**Maintenance to be mixed into your brownie:** nuts; Optional seeds.

### Supplies:

- Muffin tin and muffin tin liners

### Ingredients:

- 1 cup superfine sugar (can substitute with regular sugar)
- $\frac{3}{4}$  cup cocoa powder
- $\frac{1}{2}$  cup unsweetened applesauce
- $\frac{1}{3}$  cup water
- $\frac{1}{3}$  cup oil
- 1 tablespoon vanilla extract
- 1  $\frac{1}{3}$  cup white rice flour
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- 1  $\frac{1}{2}$  cup dairy-free chocolate chips (e.g. Enjoy Life Minis)
- Optional: Dairy-free chocolate frosting or powdered sugar (for topping)
- Maintenance nuts and/or seeds Up to 2 teaspoons mixed in



### Instructions:

1. Preheat oven to 350F and grease 24 mini muffin tins
2. In a medium mixing bowl, beat sugar, cocoa powder, applesauce, water, oil, and vanilla until smooth.
3. Add flour, baking powder, and salt and mix until well combined. Fold in chocolate chips
4. Add your maintenance nuts/seeds into the muffin tins
5. Spoon the batter into your muffin tins. Do not overfill. Mix the nuts with the batter.
6. Bake for 25 minutes or until the brownies are firm around the edges, but your finger still leaves an indentation when you poke one in the middle. Or you can stick a toothpick in the center of a muffin; if there's no brownie stuck to the toothpick, it is done.
7. Remove from the oven and let the brownies cool down completely.
8. Frost or dust with powdered sugar, if desired.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Food Allergy Institute Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Nuts/Seeds**